No Calorie counting.

Only Low GI Vegetables and Fruits are allowed during the plan.

**Beverages allowed 24 hrs: Black Coffee, Black Tea, Green Tea (no Sugar/ honey/ stevia), Salted Lime water Water Intake**: Minimum 4 ltrs. You can take salted lemon water without any sweater.

**Sleep**: At least 8 hrs at a stretch. Work on both quantity and quality.

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| **LIST OF LOW GI VEGETABLES** | **LIST OF LOW GI FRUITS** |
| Ridge Gourd (Tori) | Papaya (1 katori) |
| Ghia (Bottle Gourd) | Pineapple (1 katori) |
| Green Beans | Guava (1) |
| ~~Brinjal~~ बैंगन | Kiwi (1) |
| Zucchini | ~~Orange (1)~~ संतरा |
| Bitter Gourd | Plum (1) |
| Asparagus, Lettuce | Apricot (1) |
| Celery | Grapefruit (1) |
| Onions | Cherries (handful) |
| Arugula | Apple (1) |
| Capsicum | Avocado(half) |
| Tomato | Strawberry(handful) |
| Jackfruit | Pomegranate(half) |
| Methi |  |
| Palak(spinach) |  |

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| **LIST OF LOW GI VEGETABLES** | **LIST OF LOW GI FRUITS** |
| Pumpkin |  |
| Beetroot (in salad half) |  |
| Ladyfinger(bhindi) |  |
| Cauliflower |  |
| Cabbage |  |
| Broccoli |  |
| Mushroom |  |
| Raddish |  |
| Sweet Potato |  |

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| **FOODS NOT ALLOWED ON THE PLAN** | |
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| 1. Fried, junk | 10. Processed food |
| 2. Packaged food | 11. Chinese food/sauces |
| 3. Ready to eat stuff | 12. NO chickoo, watermelon, melon, mango, litchi |
| 5. Sugar, bread | 13. NO poha, pasta, rusk, no peanuts |
| 6. Milk, fruit juices, alcohol | 14. corns, babycorn |
| 7. Potato | 15. anjeer, munacca |
| 8. Carrot, peas | 16. Refined oils |
| 9. Sugary drinks | 17. maida |